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**From:** Human Resources  
**Sent:** Tuesday, January 10, 2023 8:02 AM  
**To:** ALLUSERS  
**Subject:** Eat Health & Stay Active (January 2023)



## EAT HEALTHY & STAY ACTIVE

If you burn at least 150 extra calories each day and maintain a balanced diet, you can significantly reduce your risk of various health complications—including heart disease, high blood pressure, diabetes, colon cancer, anxiety and depression.

### HEALTHY EATING HABITS

Managing and balancing the demands of daily busy schedules can lead to poor eating habits. To avoid falling into this trap, consider these healthy eating recommendations:

- Select foods that are high in antioxidants such as tomatoes, any kind of berries and garlic;
- Drink plenty of water to keep yourself hydrated;
- Reduce or eliminate your caffeine intake and sugary drinks;
- Avoid eating processed foods;
- Consume at least 3 to 4 ounces of fiber each day. Good sources of fiber include lean meat, fish and low fat yogurt;
- Add omega-3 fatty acids to your diet such as nuts and leafy greens.

For more information about healthy eating, visit [www.myplate.gov](http://www.myplate.gov).

### STAY ACTIVE

Research shows that those who are physically active are likely to live longer, healthier lives. Here's what to know about a complete exercise program:

- Start slowly and increase the difficulty of your workouts as you become more fit;
- Mix up your workouts to keep things interesting;
- Commitment is more important than intensity. Choose exercises you enjoy and will stick with long-term.

For more information about physical activity guidelines, visit [www.health.gov](http://www.health.gov).

*This is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.*

